Baked Vanilla Soufflés

Vanilla-infused pastry cream carries the flavour. Fold in glossy egg whites just before the ramekins go into the oven.



MAKES 4 SMALL SOUFFLÉS / 4 × 125 ML RAMEKINS

Prep 20 min · Infuse 30 min · Bake 15–20 min

Ingredients

150 ml full-cream milk and ½ vanilla pod

30 g caster sugar for the pastry cream

25 g beaten whole egg (about ½ large egg) and 40 g egg yolk (about 2 yolks)

20 g cornflour (maize starch)

60 g egg white (about 2 whites) and 15 g caster sugar

Soft unsalted butter and a little extra caster sugar for the dishes

In the kitchen

1. Infuse
Warm the milk with the split vanilla pod and seeds. Cover for 30 minutes.

2. Make the pastry cream
Whisk in the egg, yolks, sugar and cornflour. Cook until thick and smooth.

3. Fold
Whisk the whites and sugar to glossy peaks. Fold them into the warm pastry cream.

4. Bake
Fill the prepared ramekins, wipe the rims and bake until risen and golden. Serve immediately.

KOOK'S SECRET

Loosen the pastry cream with the first third of the whites. Then each fold of the remaining whites needs less work.

Baked Vanilla Soufflés

The full method

01 **Infuse the milk**

Split the vanilla pod, scrape the seeds into the milk and add the pod. Bring just to the boil, take off the heat and cover for 30 minutes. Butter four 125 ml ramekins, dust with extra sugar and tap out the excess.

02 **Cook the pastry cream**

Whisk the whole egg, yolks and 30 g sugar until smooth, then whisk in the cornflour. Lift the pod from the milk and reheat the milk. Pour half into the eggs, whisking steadily. Return the mixture to the pan and whisk over medium-low heat until thick and bubbling. Whisk for a further minute.

03 **Whisk the whites**

Scrape the pastry cream into a wide bowl and let it cool to lukewarm. Heat the oven to 210°C conventional (190°C fan). In a clean bowl whisk the whites to soft peaks. Add 15 g sugar gradually and whisk until glossy, with a small bend at each tip.

04 **Fold and fill**

Beat a third of the whites into the pastry cream to loosen it. Fold in the rest gently, reaching right to the bottom of the bowl. Divide between the ramekins, leaving a little space at the rim. Wipe the rims clean and set on a baking tray.

05 **Bake and serve**

Bake for 15–20 minutes. Leave the oven shut for the first 15 minutes. The tops should be risen and golden and the centres just set with a gentle wobble. Take them straight to the table.

FROM MARK'S KITCHEN

Have the plates and spoons out before you open the oven. A hot soufflé starts settling the moment it comes to the table.